

# WOMAN'S PAGE

## Creole Spring Delicacies

**Lambs' Feet and Wax Beans:**—Six lambs' feet, half pint of broth, one teaspoonful lemon juice, yolk of one egg, one tablespoonful butter. Clean the feet, boil until tender; then remove bones; cut meat into small pieces; add to half pint of broth. When hot add salt, paprika, lemon juice, butter and



Lambs' Feet and Wax Beans.

beaten yolk. Remove from fire and stir until creamy, without breaking meat.

Cook wax beans in salted water until tender; drain and throw them into a skillet in which is a quarter pound of browned sliced bacon and half cupful of vinegar. Simmer for ten minutes, then place in a circle on hot dish, putting lamb in center.

**Broiled Lambs' Kidneys and Stuffed Turnips:**—Split each kidney in two lengthwise; remove the hard white portions. Brush the flesh with melted butter, dust with pepper and salt and lay on a broiler over clear coals, allowing two and half minutes for each side.



Stuffed Turnips and Lambs' Kidneys.

Remove, dust with pulverized parsley; rub over with half an onion; add a little lemon juice, butter. Fasten halves together with skewers; dip in melted butter; roll in cracker dust and brown. Serve on a toast crouton and surround with stuffed turnips.

**Stuffed Turnips:**—Select even-sized vegetables and pare very thinly; then cook tender in salted water. Pick over very carefully and wash two quarts of young turnips tops; put in a kettle with a small piece of browned bacon and one quart of boiling water; cook until tender. Press water entirely out; chop bacon and leaves fine, season with vinegar pepper; fill the turnips which have been scooped out, reserving the remnants for a puree; cover with cracker crumbs and bit of butter; brown in the oven.

**Lamb Boulettes and New Cabbage:**—Take the scrap ends of uncooked meat enough to measure one pint; put through a mincer. Add to this twelve



Boulettes of Lamb and Cabbage.

minced leaves, quarter of an onion, minced fine; two tablespoonfuls butter, one teaspoonful salt, one-half teaspoonful paprika, three rolled milk crackers, yolks of two eggs. Roll into small fingers; dip into beaten yolks, then into cracker crumbs, fry in deep fat. Serve on new cabbage, shredded, cooked tender, then drained and hot cream, butter, pepper and salt added. Garnish with hard boiled eggs.

## HEALTH AND BEAUTY.

High-heeled boots are known to cause spinal complaints.

See that both living and sleeping rooms are well ventilated.

Don't read or work before breakfast, if you can possibly help it.

Fine work that taxes the sight should not be done by artificial light.

The harder the toothbrush the more effectively it cleans the teeth.

Wear warm clothing in cold weather and cool garments in hot weather.

Never bend down to look or work; rather, hold these up to the eyes.

If your skin is dry try washing it more with a good cold cream and less with soap and water.

The hair should be brushed thoroughly for about fifteen minutes every night before retiring.

In massaging wrinkles use the tips of the fingers and thumb, always working across the line; never follow the lines of the creases.

One hour a week passed in caring for the nails is sufficient to keep them in good order, if they are rubbed and cleaned carefully each day.

An authority on dietetics asserts that pie is not the indigestible thing that it has always been held up to be.

The only trouble is that because of the mixing of fat with starch in the making of the crust it needs thorough chewing to prepare it for the work of digestion. If this is true there is no longer an excuse for the modern woman's aversion to pie-making, so long as her family is willing to do the extra work in masticating it.

Among neckwear novelties is a combination stock and ruff. In front it is a high net stock and in back a plisse tulle ruff.

Furs to the flimsiest chiffons are bedizened more or less with braid.

## Some Excellent Rhubarb Desserts

In the early days of spring, the home provider, on the way to market, finds her thoughts turning to rhubarb. Unlike the "oaken bucket," rhubarb, as a recollection of childhood days, is entwined with no romantic sentiments. Our memories of it are better buried in the past. It came out of a bottle, and went into most unwilling mouths, the protests thereof availing naught. But, to let bygone be bygones, in a pie, it will "go to the spot," if well made, and the hand that shakes the sugar be very generously inclined.

**Rhubarb Pie:**—Chop two teaspoonfuls of rhubarb, and let stand ten minutes in water poured over it boiling hot. Drain, and mix with the fruit, a large teaspoonful of sugar, the yolk of an egg, a tablespoonful of butter, and one of flour, moistening with three tablespoonfuls of water. Bake in one crust, covering the top with narrow strips of pastry crossed, or a meringue. The old-fashioned "Pie-plant" pie, like mother used to make, with a plain fruit filling (as she said, "sweetened all the rule calls for, then shut your eyes and put in some more"), that way of building it has its ardent devotees to this day.

**Rhubarb Dumplings:** are as good as apple dumplings, and are made the same way, seasoning with cinnamon and plenty of sugar. Bake, and serve with a sweet liquid sauce.

**Fruit-Rhubarb Pie:**—Take three heaping cups of chopped rhubarb, one of chopped and seeded raisins, and three Boston crackers, powdered. Mix, and add two-thirds of a cup of molasses, one and one-half cups of sugar, a teaspoonful of butter, spice and salt to taste. This amount will make three pies. Bake in two crusts. This is a favorite with all lovers of rhubarb.

**Rhubarb Pudding:**—Butter a pudding dish thickly and sprinkle with bread crumbs, leaving a half-inch layer on the bottom. Peel and cut rhubarb in small pieces, and put a layer on the crumbs, then a good allowance of sugar. Alternate until your dish is filled, leaving the top layer crumbs.

**Pudding Sauce for Rhubarb Puddings and Dumplings:**—One pound of sugar, four ounces of butter, one-half a cup of water; boil, flavor with cinnamon or vanilla, and just before serving, stir in the stiffly beaten whites of two or three eggs.

## BEAUTY LAST OF ALL.

Opinions of 20,000 Frenchmen on Qualities Desirable in Wife.

Despite the recent slight increase in the French birth and marriage rates reported recently the crisis in the marriage market continues to engage the attention of some of the foremost writers in the French press. Paul Marguerite, the woman's champion, has an interesting article in *Le Journal*.

He is a strong advocate of a free womanhood in France. M. Marguerite's article does not deal with woman's legal status so much as with her helplessness in the matter of matrimony.

He lays it down as a general axiom that the French girl wishes to be married, while the young man wishes to remain single. The phenomenon of a woman preferring to remain a spinster hardly exists in France. The young man will not marry, or defers marriage until comparatively late in life because he fears the responsibilities of a household.

Living has become increasingly dear in Paris. The old simple ways of the economical French are changing in the large towns for greater luxury and display. It is becoming increasingly difficult for the man of a small fixed income to make both ends meet.

The young man does not precisely blame the girl for the difficulties of modern existence, but he does say: "She has grown much more extravagant. She detests housework and avoids the kitchen. Her ideas are now centered upon dress and an automobile. She wants a big bank book."

Therefore the unadventurous young man says: "I shall not marry unless I can find a wife with money." As Paul Marguerite dryly remarks: "This is a business arrangement, and business is bad."

The author declares that men in the industrial and clerical class in France do not marry the laborious, hard-working women with whom they are in daily contact in the offices. Their attitude toward the feminine worker is either of comradeship or of hostility; it does not lead to marriage. Yet it is notorious that these women are good and economical managers in their own homes.

In connection with this topic the answers to a question which *L'Intransigeant*, Henri Rochefort's paper, has put to its readers, give an interesting insight into the modern Frenchman's mind. It asked how, in the opinion of its readers, the following thirteen good qualities in a woman should be graded in point of importance: Beauty, kindness, courage, constancy, fidelity, good-nature, brightness, frankness, cleverness, wealth, health, wit and talent.

Some 20,000 men have sent in answers and the result is surprising.

One would have thought that a Frenchman would put wealth or beauty first; but no, the majority put wealth about half way down the list, and beauty last of all. Neither idealists nor realists were prepared for such a result.

The quality regarded as the most precious of all is health. Then comes courage. Frankness comes fourth; then follow wit, fidelity, cleverness, wealth and constancy. Last but one comes good-nature and last of all beauty.

Of the 20,000 replies only 342 placed beauty among the first half dozen desirable qualities.—*Paris Letter to New York Times*.

## NEW LINGERIE TURBAN.



The height of exquisite daintiness was reached in this lingerie turban in the popular spring shape. Its novelty certainly recommends it after the long years of sameness in this particular style of head-covering. The entire hat was covered by narrow ruffles of lace edging, three of these being sufficient for the narrow, drooping brim. Broad bands consisting of three strips of insertion edged with lace ruffles ran from the center of the crown to lose themselves beneath the narrow twist of blue liberty ribbon around the crown. They were fastened at the ends only and gave glimpses of the ruffled foundation between.

## Some Good Recipes

### Jellied Chicken.

Dress, clean and cut into pieces a fair-sized chicken about a year old. Put it into a stewpan, cover with boiling water and add sufficient onion, parsley, and celery to flavor nicely. Cook slowly until the meat falls from the bones, adding a tablespoonful of salt when half cooked. Lift out the chicken, remove the skin, pick the meat apart and mix the dark and the white meat. Strain off a pint of the liquor and reserve it for the Cream of Chicken. Reduce the remainder to a cupful, add a level teaspoon of granulated gelatine soaked in cold water, stir until it is dissolved, season highly and to taste, then strain. Butter well one or more baking powder cans and have ready several hard-boiled eggs. Stand the eggs in the center of the moulds, pack the meat around them and pour the stock over all. Keep in a cold place until firm. When ready to serve, dip the mould in warm water and turn out carefully. Serve in slices on lettuce leaves and garnish with a ring of chopped beets. The effect is very pleasing, as the center of each slice contains a round of hard-boiled egg.

**Cream of Chicken:**—To a fourth of a cup of flour add half a teaspoon of salt, an eighth of a teaspoon each of pepper and celery salt. Into a granite saucepan over the fire put a fourth of a cup of butter, when melted and bubbling add the flour, stir until thoroughly blended, then pour on gradually a pint of milk and cook until smooth and glossy, stirring constantly. Next add a pint of well seasoned chicken liquor, stir until boiling, then add the yolks of two eggs beaten with half a cup of cream. Strain at once into the tureen and serve with croutons or wafers.

**Veal Balls, Curry Sauce:**—Grind or chop very fine a pound of veal and two ounces of breakfast bacon or salt pork; add a cup of bread crumbs, a teaspoon of salt, a tablespoon of pepper, a teaspoon of finely minced onion, one large or two small eggs and half a cup of stock, water or milk and knead with the hands until thoroughly well mixed. Shape into balls the size of a walnut and coat with flour. Put a tablespoon of butter into a skillet, add the balls and saute to a golden brown on all sides, then cover with water or stock and simmer slowly about three-quarters of an hour. Mix a teaspoon of curry powder with a heaping tablespoon of flour. Melt a tablespoon of butter, stir in the flour and when well blended the broth from the balls. Stir constantly until smooth and thick, add more seasoning, if needed, and pour over the balls. Serve in the center of a ring of hot boiled rice and garnish with parsley.

## FADS AND FANCIES.

"Rat" color is approved in high circles.

The prestige of satin-faced material still continues.

Short skirts have brought in the high heels again.

The pompadour is gone, and with it has gone the "rat."

Veils in two colors, one over the other, are in growing favor.

A new voile has small square velvet dots and a velvet border.

Large-headed hairpins and barrettes will almost cover the head.

The round décollete is most favored for girls' evening frocks.

Buttons of all sizes are more employed than for years and years.

Bandeaus will have little or no use in the hats planned for spring.

Fruits and flowers figure in the designs upon men's neckwear.

New sleeves are gathered all down the length of the outer arm.

The two-toned striped stockings are the most fashionable hosiery.

The jabot of white net is still very stylish with dressy tailor-mades.

Though several sorts of overskirts figure, skirts proper are untrimmed.

Soutache braiding has appeared even upon muffs and neckpieces of fur.

Laces showing an intermingling of metal thread are very fashionable.

French lingerie, brought over for brides, shows much less elaboration.

Parisian women are wearing huge shawls like those of sixty years ago.

A leather sheath for the umbrella is an imported idea that seems sensible.

The Medici ruches are seen on all necks that are not too short for them.

Coat revers are very long, often extending down almost to the waist line.

Fur and feathers seem to be the most important features of the new millinery.

In many costumes the tunic is suggested by insertion or by braiding in soutache.

Gray gowns are distinctly in mode, both for daytime and evening dress occasions.

With the craze for squirrel hats has come glittering sequin-covered handbags.

Wonderful length and slimmness of line is the secret of charm for the lady of 1909.

Fur-trimmed velvet muffs are quite as fashionable as the all-fur hand-warmers.

White cotton marquisette sprinkled with dots is one of the most effective of the spring materials.

Many of the new sleeves are slit open to show the arm, and tied just above the elbow with little tassels.

Long sleeves will be worn on all tailored frocks, but the soft fluffy afternoon waists may have elbow sleeves.

## EATING OFTEN.

According to the Medical Record, Professor W. O. Atwater says the theory is advanced from time to time that one or two meals a day are preferable to the three commonly served in this country. If the same amount of food is to be eaten it is hard to see the advantage of two very hearty meals over three ordinary ones. The best physiological evidence implies that moderate quantities of food taken at moderate intervals are more easily and completely digested by ordinary people than larger quantities taken at long intervals.

If the food ordinarily taken is considered excessive and the aim is simply to reduce the amount, it would seem more rational to make all the meals lighter than to leave out one. The very fact that the custom of eating a number of meals has so long been almost universal indicates that it must have some advantages which instinct, based upon experience, approves and justifies.

## OVERCOOKED FOODS.

Much good, wholesome food is practically wasted by being overcooked.

Overcooking is the principal objection to canned meats, because food that is otherwise excellent in quality has been spoiled in the process of cooking, and has, therefore, become practically unfit for use.

Meat must be cooked to a certain point, but once that point is reached further cooking is downright waste of material, both as regards quality and quantity.

Good food is often spoiled by too rapid cooking. Meat which is allowed to boil after the preliminary five minutes becomes hard, tough and tasteless, and is most indigestible, owing to the hardening of the albumen all through the meat.

ROBERT LOUIS STEVENSON.

In his old gusty garden of the North,  
He heard, lark-time, the uplifting Voices call;  
Smitten through with Voices was the evenfall . . .  
At last they drove him forth.

Now there were two rang silverly and long;  
And of Romance, that spirit of the sun,  
And of Romance, spirit of youth, was one;  
And one was that of Song.

Gold-belted sailors, bristling buccaners,  
The flashing soldier, and the high, slim dame,  
These were the Shapes that all around him came—  
That we let go with tears.

His was the unstinted English of the Scot,  
Clear, nimble, with the scriptural tang of Knox,  
Thrust through it like the far, strict scent of box,  
To keep it unforget.

No frugal Realist, but quick to laugh,  
To see appealing things in all he knew,  
He plucked the sun-sweet corn his fathers grew,  
And would have naught of chaff.

David and Keats, and all good singing men,  
Take to your hearts this Covenanters son,  
Gone in mid-years, leaving our years undone,  
Where you do sing again!

LIZETTE WOODWORTH REESE.

Mr. Stevenson appointed Chas. Scribner's Sons to issue the only authorized complete collection of his books, the famous Thistle edition. It is interesting to know that the bindings were designed by Mr. Stevenson. Brown & Lyon Co., corner Alakea and Merchant streets, sole agents.

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